

Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tulsa Store, Southwest Region

Whole Foods Market is excited to bring you Celebrating Your Choices, a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten and casein-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product.

Baking Needs

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ener-G Foods

Egg Replacer

Enjoy Life Foods

Mini Chips

Hain

Baking Powder

Cereal

Arrowhead Mills

Organic Maple Buckwheat Flakes

Organic Yellow Corn Grits

Organic Rice & Shine Hot Cereal

Condiments

Organicville

Organic Ketchup

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, French

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

Cookies and Snack Bars

Enjoy Life

Gluten Free Caramel Apple Snack Bar

Gluten Free Very Berry Snack Bar

Gluten Free Cocoa Loco Snack Bar

Enjoy Life Foods

Soft Baked Double Chocolate Brownie Cookies

Soft Baked Snickerdoodle Cookies Classic Sprinkled Cinnamon

Soft Baked Gingerbread Spice Cookies

Enjoy Life Foods (Cont'd)

Soft Baked Chocolate Chip Cookies

So Delicious

Coconut Milk Cookie Dough

Dairy Alternatives

Ener-G Foods

Egg Replacer

So Delicious

Chocolate Covered Vanilla Coconut Minis

Entrees and Mixes

Arrowhead Mills

Gluten Free Fudge Brownie Mix

Ethnic Foods

Organicville

Organic Sesame Teriyaki

Organic Island Teriyaki

Frozen Foods

So Delicious

Coconut Milk Cookie Dough

Chocolate Covered Vanilla Coconut Minis

Nutritional Supplements

Nature's Way Alive!

Alive w/o Fe added Cap

Rainbow Light

Prenatal One Multivitamin 30

Gummy Power Sours 30

Active Senior Multivitamin 30

Vitamin D 400 Iu Gummies 60

Gummy Omegalicious 30

Women'S One Multivitamin 150

Nutristart Multivitamin Powder 30

Prenatal One Multivitamin 90

Kid'S One Multistars 30

Rainbow Light (Cont'd)

Men'S One Multivitamin 150
Women'S One Multivitamin 30
Vitamin D 1,000 Iu Gummies 50
Women'S One Multivitamin 90
Chewable Calcium Citrate Multi-Mins 45
Men'S One Multivitamin 30
Magnesium Calcium "+" 180
Food Based Calcium
Calcium Citrate Mini Tabs 120
Kid'S One Multistars 90
Active Senior Multivitamin 90
Complete Iron System 60
Prenatal One Multivitamin 150
Multi-Vitamin Mens

Vibrant Health

Joint Vibrance Powder

Sauces/Salsas/Dips

Organicville

Organic Sesame Teriyaki
Organic Mild Salsa
Organic Island Teriyaki

The Ginger People

Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Egg Replacer

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Baking Powder

Cereal

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Organic Yellow Corn Grits
Organic Rice & Shine Hot Cereal

Condiments

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Organic Ketchup
Organic Dressing, French
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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Sweet Ginger Chili Sweet & Spicy Dip Cooking Sauce

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Gluten Free Cocoa Loco Snack Bar
Gluten Free Very Berry Snack Bar
Gluten Free Caramel Apple Snack Bar

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Soft Baked Chocolate Chip Cookies
Soft Baked Gingerbread Spice Cookies
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Soft Baked Double Chocolate Brownie Cookies

So Delicious

Coconut Milk Cookie Dough

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So Delicious

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Active Senior Multivitamin 30
Magnesium Calcium "+" 180
Complete Iron System 60
Gummy Omegalicious 30
Food Based Calcium
Multi-Vitamin Mens
Women'S One Multivitamin 90
Prenatal One Multivitamin 150
Active Senior Multivitamin 90
Kid'S One Multistars 90
Women'S One Multivitamin 30
Women'S One Multivitamin 150
Calcium Citrate Mini Tabs 120
Men'S One Multivitamin 150
Kid'S One Multistars 30
Nutristart Multivitamin Powder 30

Vibrant Health

Vibrant Health (Cont'd)

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